



Saga Performance

FIT FOR LIFE

3-MONTH TRANSFORMATION PROGRAM

THIS IS UNIQUE.. ARE YOU READY TO LEVEL UP?

EMBARK A TRANSFORMATIONAL 3-MONTH VIRTUAL & FULLY PERSONALIZED, DATA DRIVEN PROGRAM COMBINING THE EXPERIENCE AND KNOWLEDGE OF INTERNATIONAL EXPERTS ON HUMAN PERFORMANCE, SELF-LEADERSHIP AND WELLBEING.



Knowledge

Understand how you function through objective data, feedback and subjective reflection



Self-Leadership

Build routines and habits that support your wellbeing and performance



Long-term impact

Unleash your full potential and learn how to sustain top level performance!

What's so special about it?

"My coach's ability to make a comprehensive analysis of the client's situation is something unique. She has extensive knowledge of performance, resilience, productivity and human capacity. I can highly recommend her coaching services to any leader interested in changing / improving life balance and performance. "

info@sagaperformance.com or visit www.sagaperformance.com/fit-for-life